

ULTRA PROCESSED FOOD CHECKLIST

Category	Examples of Ultra-Processed Foods	Ingredients to Watch For
Snacks	Potato chips, cheese puffs, packaged crackers, candy bars	Artificial flavors, MSG, refined starches
Breakfast Foods	Sugary cereals, toaster pastries, breakfast bars	Added sugars, hydrogenated oils
Meats	Hot dogs, chicken nuggets, deli meats, meat sticks	Preservatives (nitrates/nitrites), flavor enhancers
Drinks	Sodas, fruit punch, sweetened iced teas, energy drinks	High-fructose corn syrup, artificial colors
Baked Goods	Packaged muffins, cookies, snack cakes, white bread	Emulsifiers, preservatives, added sugars
Condiments/Sauces	Ketchup, bottled dressings, BBQ sauce with high-fructose corn syrup	Artificial sweeteners, sodium benzoate
Dairy Alternatives	Flavored soy milk, shelf-stable almond milk with additives	Gums (gellan, guar), stabilizers, flavors
Frozen Meals	Microwave dinners, frozen pizza, frozen pasta meals	Sodium, preservatives, artificial flavors
Others	Instant noodles, boxed macaroni and cheese, shelf-stable meals	Powdered cheese, shelf-stabilizing chemicals